Safety Matters

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News & Notes

EYE EMERGENCY CARE TIPS

What should be done in an eye emergency?

Seek medical attention as soon as possible following an injury, particularly if you have pain in the eye, blurred vision or loss of any vision. Several simple first aid steps can and should be taken until medical assistance is obtained.

First aid for chemicals in the eye:

·Immediately flush the eye with water for at least 15 minutes. Place the eye under a faucet or shower, use a garden hose, or pour water into the eye from a clean container.

·If you are wearing contact lenses, immediately remove them before flushing the eye.

·Do not try to neutralize the chemical with other substances.

·Do not bandage the eye.

·Seek immediate medical attention after flushing.

First aid for particles in the eye:

·Do not rub the eye.

·Try to let your tears wash the speck out, or irrigate the eye with an artificial tear solution.

·Try lifting the upper eyelid outward and down over the lower eyelid to remove the particle.

·If the particle does not wash out, keep the eye closed, bandage it lightly and seek medical care.

IMPORTANT: Some particles, particularly metallic ones, can cause rusting spots on the eye if left untreated for several days. If you are unsure if the object is gone, do not delay medical care.

First aid for blows to the eye:

·Gently apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be placed gently on the injured eye to reduce pain and swelling.

·In cases of severe pain or reduced vision, seek immediate medical care.

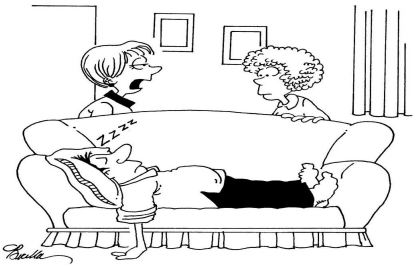
First aid for cuts and punctures to the eye or eyelid:

·Do not wash out the eye.

·Do not attempt to remove an object that is stuck in the eye.

·Cover the eye with a rigid shield, like the bottom half of a paper cup.

·Seek immediate medical care.



I have to be careful spring cleaning this year. Last year I accidentally threw out Harley."

March is Save Your Vision Month

Eye injuries in the workplace are very common. The National Institute for Occupational Safety and Health (NIOSH) reports that every day about 2,000 U.S. workers sustain job-related eye injuries that require medical treatment. However, safety experts and eye doctors believe the right eye protection can lessen the severity or even prevent 90 percent of these eye injuries.

Chemicals or foreign objects in the eye and cuts or scrapes on the cornea are common eye injuries that occur at work. Other common eye injuries come from splashes with grease and oil, burns from steam, ultraviolet or infrared radiation exposure, and flying wood or metal chips.

In addition, health care workers, laboratory and janitorial staff, and other workers may be at risk of acquiring infectious diseases from eye exposure. Some infectious diseases can be transmitted through the mucous membranes of the eye. This can occur through direct exposure to blood splashes, respiratory droplets generated during coughing, or from touching the eyes with contaminated fingers or other objects.

Workers experience eye injuries on the job for two major reasons:

1. They were not wearing eye protection.
2. They were wearing the wrong kind of protection for the job.

A Bureau of Labor Statistics survey of workers who suffered eye injuries revealed that nearly three out of five were not wearing eye protection at the time of the accident. These workers most often reported that they believed protection was not required for the situation.

Employees must use eye and face protection whenever there is a reasonable probability of injury that could be prevented by such equipment. Personal protective eyewear, such as goggles, face shields, safety glasses or full face respirators must be used when an eye hazard exists. The necessary eye protection depends upon the type of hazard, the circumstances of exposure, other protective equipment used and individual vision needs. If you are unsure of the type eye protection needed or whether it is needed at all, ask your supervisor.

What are the potential eye hazards at work?

Workplace eye protection is needed when the following potential eye hazards are present:

· **Projectiles** (dust, concrete, metal, wood and other particles)

· **Chemicals** (splashes and fumes)

· **Radiation** (especially visible light, ultraviolet radiation, heat or infrared radiation, and lasers)

· **Bloodborne pathogens** (hepatitis or HIV) from blood and body fluids

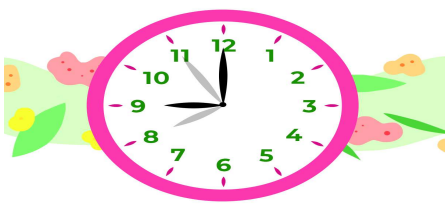
Some working conditions include multiple eye hazards. The proper eye protection takes all potential hazards into account.

ST. PATRICK'S DAY RIDDLES

1) What is out on the lawn all summer and is Irish?
2) Why do people wear shamrocks on St. Patrick's Day?
3) Why can't you borrow money from a leprechaun?
4) Why did the leprechaun stand on the potato?
5) Why do frogs like St. Patrick's Day?

Answers on Page 2 Safety Bits & Pieces

Daylight-Savings Time



begins March 10

SAFETY TIP OF THE MONTH

The average American worker spends seven hours a day on the computer either in the office or working from home. This has resulted in vision -related problems called Computer Vision Syndrome or Digital Eye Strain.

To help alleviate digital eye strain, follow the 20-20-20 rule; take a 20-second break to view something 20 feet away every 20 minutes.

Safety Bits & Pieces

PROM SEASON HIGHLIGHTS & SAFETY ISSUES

Prom night promises to be memorable for teens, and parents can help to make sure the memories are all good ones.

Teen drinking is widespread on prom night when, according to a study by Edgar Snyder & Associates, more than 90 percent of teens think their classmates will be drinking on the big night. In fact, 54 percent of students said they have more than four drinks.

And, if they drive, trouble could be brewing.

Teen driving statistics are somewhat shocking:

* In 2016, there were 2,082 teen drivers of passenger vehicles involved in fatal crashes.
* In 2016, almost 20 percent of the teen drivers involved in fatal crashes were drinking.
* In 10 percent of fatal crashes involving a teen driver in 2016, the teen driver was distracted at the time of the crash. Texting and friends in the car are implicated here.

The key is preventing teens from drinking and driving.

One solution is renting a limo for a group. The cost is lower when more couples can ride together.

A conversation with your teen can also be helpful. For example, most teen drivers think the blood alcohol limit is around .08. Not true. For drivers under 21, the limit is zero.

Discuss what happens if they are arrested for drinking and driving, which will almost certainly include a memorable night in jail, probably the loss of their drivers license, and certainly court and expenses that can add up to thousands of dollars. For teens who expect to attend competitive colleges, a drunk driving rap can compromise their eligibility for acceptance and scholarships.

ST. PATRICK'S DAY RIDDLES ANSWERS

1) Paddy O'Furniture
2) Regular rocks are too heavy!
3) Because they're always a little short!
4) To keep from falling in the stew!
5) Because they're always wearing green!

EYE SAFETY PROTECTION

How can I protect my eyes from injury?

There are four things you can do to protect your eyes from injury:
1. Know the eye safety dangers on your job.
2. Eliminate hazards before starting work by using machine guards, work screens or other designated engineering controls.
3. Use appropriate and proper eye protection.
4. Keep your safety eyewear in good condition and have it replaced if it becomes damaged.

Selection of protective eyewear appropriate for a given task should be made based on a hazard assessment of each activity and job station. Types of eye protection include:

Nonprescription and prescription safety glasses. Although safety glasses may look like normal dress eyewear, they are designed to provide significantly more eye protection. The lenses and frames are much stronger than regular eyeglasses. Safety glasses must meet standards of the American National Standards Institute (ANSI). Look for the Z87 mark on the lens or frame. Safety glasses provide eye protection for general working conditions where there may be dust, chips or flying particles. Side shields and wraparound-style safety glasses can provide additional side protection. Safety lenses are available in plastic, polycarbonate and Trivex™ materials. While all types must meet or exceed the minimum requirements for protecting your eyes, polycarbonate lenses provide the highest level of protection from impact.

Goggles. Goggles provide protection from impact, dust and chemical splash. Like safety glasses, safety goggles are highly impact-resistant. In addition, they provide a secure shield around the entire eye and protect against hazards coming from any direction. Goggles can be worn over prescription glasses and contact lenses.

Face shields and helmets. Full face shields protect workers exposed to chemicals, heat or blood-borne pathogens. Helmets are used for welding or working with molten materials. Face shields and helmets should not be the only protective eyewear. They need to be used in conjunction with safety glasses or goggles, so the eyes are protected when the shield is lifted.

Special protection. Helmets or goggles with special filters to protect the eyes from optical radiation exposure should be used for welding or working with lasers.

Safety glasses must fit properly to provide adequate protection. Also, eye protection devices must be properly maintained. Scratched and dirty devices reduce vision, cause glare and may contribute to accidents.

Combined with machine guards, screened or divided work stations, and other engineering controls, using the correct protective eyewear can help keep you safe from eye hazards.

QUOTATION OF THE MONTH

"The way I see it, if you want the rainbow, you gotta put up with the rain."

Dolly Parton

Happy St. Patrick's Day

March 17

ON THE LIGHTER SIDE...